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40 Green Drink, Smoothie & Other Superfood Recipes

A CLEAN CUISINE
ANTI-INFLAMMATORY DIET COLLECTION



Ivy Larson and
Andrew Larson, MD, FACS, FASMBS
Authors of Clean Cuisine

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Andrew Larson, MD, FACS, FASMBS
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Also by Ivy Larson and Andrew Larson, MD
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A Clean Cuisine Anti-Inflammatory Diet Collection

Ivy Larson and Andrew Larson, MD

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PREFACE

Changing Your Plate Can Change Your Fate— It Changed Ours!

I was 32 when I started cooking; up until then, I just ate.

—Julia Child

There are many things in this world you cannot control, but the food you eat is not one of them. The food you choose to eat—or not eat—is directly within your control, and those choices have a major impact on how your body looks, feels, and ages. This is good news or bad news depending on how you look at it, but knowledge is a highly motivating factor for us! For example, did you know your body is in a constant state of remodeling? This is actually something you can use to your advantage *if* you fuel it properly. On average, you renew about 1 percent of the cells in your body daily, and those cells come in either stronger and younger or weaker and older; your overall nutrition and lifestyle play a tremendous role in cell regeneration—for better or worse. Without question, the most important thing you can do to improve your health and your appearance is to eat a clean, healthful diet. And this is something that is within everyone's reach.

In our book *Clean Cuisine: An 8-Week Anti-Inflammatory Nutrition Program That Will Change the Way You Age, Look & Feel* (Penguin, 2013), we explain the science behind how adopting an anti-inflammatory “Clean Cuisine” diet will not only help reverse the symptoms of inflammatory disease, but will also slow the aging process, help you to effortlessly achieve your ideal body weight, and dramatically improve your overall appearance, mood, energy level, and general health. Many people begin our Clean Cuisine program because of serious medical conditions, but the biggest “side benefit” consistently reported is weight loss. Most important, it is weight loss *without hunger* and *without food cravings*. As a surgeon who specializes in bariatric surgery but who also sees patients with a wide variety of other medical conditions, Andy can't think of anybody who would not benefit from eating an anti-inflammatory Clean Cuisine diet.

And yet sadly, in his fifteen-year surgical career, he has seen and operated on thousands of patients whose lives have been devastated by poor food choices. This does not have to be the case.

We fervently believe genes are not your destiny. The science that studies how the food we eat affects the way our genes express themselves is called nutrigenomics. Based on this philosophy, the food you eat provides the building blocks for your body: You actually do become what you eat. Certain foods create a youthful, energetic, lean, and disease-proof body whereas other foods do the exact opposite. The foods you eat can actually communicate with your cells, and your cells behave the way the food you eat tells them to. Nutrigenomics puts the power in your own hands to change the way you age, look, and feel. We find this tremendously motivating and encouraging!

Regardless of your current state of health, without regard to your genetic makeup, you can make the choice to eat foods that nourish your body, reduce inflammation, slow aging, and protect against disease. We know for a fact that eating a nutrient-dense, anti-inflammatory diet based on unrefined whole foods with a hearty emphasis on plant foods—which make up the recipes in this book—is healthy for everyone. The science to back this up is just irrefutable.

Two diets strongly associated with longevity and decreased disease burden, the traditional Japanese diet and the Mediterranean diet, are similar in that they are both notable for their favorable omega-3 to omega-6 fat balance (at least in part as a result of their both including moderate amounts of fish), their emphasis on vegetables, their near total exclusion of refined and processed foods made with omega-6-rich vegetable oils such as corn oil and cottonseed oil, and their relatively minimal reliance on milk and meat. Those of you who are familiar with these diets will notice that Clean Cuisine is similar, yet places even more emphasis on eating a fruit- and vegetable-forward, plant-strong plate and on obtaining all carbohydrates from *unrefined* sources (for example, insisting on brown rice and whole grain pasta instead of white rice and traditional pasta). The concept of nutrient density—getting more nutrition per calorie eaten—is heavily emphasized in our book *Clean Cuisine* as well as the recipes found in this cookbook.

But let's face it: Changing your diet can be a tough job. And yet a dietary overhaul isn't nearly as much of a challenge as living with a chronic disease. We know this from firsthand experience, and it is the reason we cleaned up our diets over a decade ago. In 1998, when Ivy was just twenty-two years old, she started experiencing a number of different disabling symptoms, none of which were easy to live with. After landing in the ER with a horrific episode of urinary retention, she was diagnosed with multiple sclerosis (MS). When her neurologist at the University of Miami suggested an anti-inflammatory diet could help slow the

progression of her disease, the idea seemed too simplistic to really be effective, but it still gave her a tremendous amount of hope and some sense of control over the disease. Andy was in medical school at the University of Pennsylvania at that time, and to be frank, he was highly suspicious that dietary change could have any impact whatsoever on a disease like MS. But when you are faced with a life-altering disease, the idea of overhauling your diet as a way to improve your quality of life seems far easier than living with disabling symptoms.

Ivy decided to give diet a try because there really was nothing to lose, and we both made a commitment to learn as much as we possibly could about anti-inflammatory nutrition. Andy began to dig into published medical research at the underground library at the University of Pennsylvania (we are dating ourselves here, but this was before the Internet had really taken off!). Much to his surprise, he quickly learned that legitimate research in well-respected medical journals (such as the *New England Journal of Medicine* and the *Journal of Neurology, Neurosurgery & Psychiatry*) linked MS to diet and also linked an improvement in MS symptoms with dietary change. It was surprising that the research existed and yet Andy had not heard a single thing about the connection between diet and MS in medical school. Even more astonishing was that it soon became apparent that the *same* anti-inflammatory diet recommendations that would benefit people with MS would benefit just about anyone suffering with an inflammatory disease.

We learned the common thread between MS and so many seemingly unrelated diseases (such as arthritis, allergies, fibromyalgia, asthma, endometriosis, eczema, heart disease, etc.) is inflammation. Inflammation is at the root of almost all chronic disease, and yet dietary modification is the single one most important thing you can do to reduce inflammation. Just as important, following an anti-inflammatory diet has zero side effects. Unfortunately, writing an Rx to follow an anti-inflammatory diet is something most medical doctors are not in the practice of doing.

Ivy made the choice to change her diet and hold off on the disease-modifying MS medications because she was afraid of the side effects from the medications (some of which can be worse than the actual disease!) and because they were contraindicated during pregnancy. It has been over fifteen years and—knock on wood—she has kept her MS in remission and her symptoms have reversed. And when Andy finally got on board and adopted Ivy's anti-inflammatory "MS diet," too, his blood pressure went from stage 1 hypertension to normal and he lost the fifteen pounds he had gained in medical school. And we aren't the only ones who have benefited! If you go on to our CleanCuisine.com website or go on Amazon and read the testimonials, you'll see people who have lost over 100 pounds, others who have totally eliminated their need for blood pressure medication, people who have reversed their type 2 diabetes, overcome

fibromyalgia, etc. Changing what you put on your plate can change your fate.

Without a doubt, changing our diet has absolutely changed our lives. Thanks to adopting an anti-inflammatory Clean Cuisine diet fifteen years ago, we truly feel we are biologically younger than our chronological ages. (Andy is forty years old, and Ivy is thirty-seven years old.) Changing our diets not only gave Ivy her life back and enabled us both to live life to its fullest with abundant energy, but has also been of tremendous benefit to our twelve-year-old son, Blake. When Ivy was pregnant, she followed an anti-inflammatory diet, and then after he was weaned, Blake started eating the exact same foods we ate. Blake never ate processed “baby” food. Our son has enjoyed incredible health from day one, and we can’t help attributing his vibrant health to his wholesome and nutrient-packed diet. We also can’t help comparing how much healthier Blake is than the typical kid. He is rarely sick; he has only been on antibiotics only once in his life; he has never had an ear infection; he doesn’t have asthma, allergies, or ADD; and he is certainly not overweight. Blake is lucky to have never assaulted his body with the pro-inflammatory SAD (standard American diet) way of eating most kids today are exposed to, but it doesn’t matter how old you are—it is never too late to adopt an anti-inflammatory diet. And by the way, so many of the recipes in this book are absolutely kid-friendly recipes our son and his pals have taste-tested and approved!

This cookbook provides recipes that will help make adopting an anti-inflammatory diet deliciously easy. You can read about the benefits of eating a good diet all day long, but at the end of the day, having a recipe that is easy, tasty, and speedy to make can be the difference in whether you eat healthfully or not. If you start slow and change just one meal at a time, we promise you will soon see a change in how you feel. If you stick with it, you will start to see an improvement in how you look. And if you stay 100 percent committed, you will age more slowly. Best of all, you’ll be enjoying incredibly delicious food every bite of the way because we firmly believe good taste and good health go hand in hand! The spirit of Clean Cuisine is to eat tasty, nourishing foods that enhance your health and your life on many levels.

Bon Appétit!

Ivy & Andy



Ivy Larson & Andy Larson, MD
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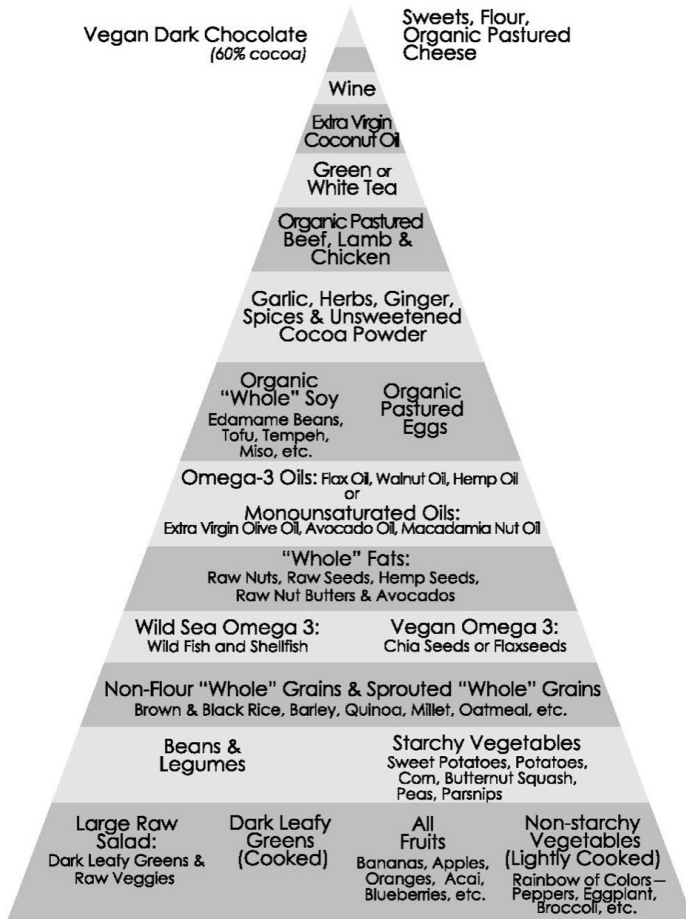
INTRODUCTION

Clean Cuisine's Definition of "Clean Eating"

The concept of "clean eating" is a bit of a megatrend at the moment. And yet, if you ask a "clean eater" to define clean eating, you'll get a number of very different answers. Some people will insist that clean eating is the same thing as a Paleo-style diet or that it is gluten-free, or vegetarian, vegan, low-carb, or low something or other. Some people are under the impression that clean eating is a dietary cleanse of some sort. Clean Cuisine is none of that. Our Clean Cuisine definition of clean eating is a plant-rich diet based on anti-inflammatory "whole" foods packaged in their most natural and nutrient-rich state. This means you want to choose foods that are unadulterated . . . just the way nature intended. You want to go for corn instead of cornflakes, flaxseeds instead of flax oil, steel-cut oats instead of a granola bar that is "made with oats" (but also made with a bunch of junk such as high-fructose corn syrup and processed corn oil). In addition, Clean Cuisine's anti-inflammatory diet places heavy emphasis on plant-based nutrition. Although you can still enjoy modest amounts of high-quality animal foods (such as grass-fed beef or pastured eggs) as part of the Clean Cuisine nutrition program, the bulk of your daily calories should come from phytonutrient-rich plant-based unrefined foods (lots of vegetables, fruits, unrefined whole grains, beans, seeds, nuts, legumes, etc.). A moderate amount of seafood is also encouraged as part of the Clean Cuisine program because it is so rich in anti-inflammatory omega-3 essential fats. When it comes to reducing inflammation, the dietary fats you eat (or don't eat) make the biggest impact; and omega-3 fats are the most anti-inflammatory fats of all, so they play a very important role in our Clean Cuisine nutrition recommendations. In our book *Clean Cuisine*, we go into great detail explaining the principles and research behind our nutrition advice, but this food pyramid is a good visual guide that should help give you a better idea of what Clean Cuisine is all about:

The Clean Cuisine Food Pyramid

An Easy Anti-Inflammatory Diet Guideline



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Importantly, Clean Cuisine does not place the emphasis on “counting food” in the form of macronutrients (carbs, fats, and protein), but rather on “making food count” through optimal intake of micronutrients (vitamins, minerals, antioxidants, and phytonutrients). Instead of

restricting calories or portions, Clean Cuisine changes the proportions of the dinner plate to emphasize unrefined plant-based “whole” foods and deemphasize animal foods. In a Clean Cuisine recipe, foods such as meat and chicken are used more as condiments and flavor enhancers rather than taking center stage on the dinner plate.

* * *

One thing that really sets Clean Cuisine apart from other “clean eating” programs or “cleanses” is our understanding of that fact that the only way people are going to get the results they are seeking from changing their diet is if they make a lifetime commitment. Doing a seven-day “cleanse” and then reverting right back to your old eating habits is not going to give you long-term results. However, a lifetime of clean eating can be daunting if it is overly restrictive or if the food doesn’t actually taste good. And that’s where Clean Cuisine is very different from other “clean eating” programs. Our primary goal is life enhancement; we want to enjoy our life maximally in every way possible. Clean Cuisine is all about eating the absolute best-tasting and most flavorful food. Furthermore, Clean Cuisine is strict when and where it counts most and lenient where it doesn’t matter so much. It’s a balanced way of eating that we promise will not decrease the pleasure in your life. For example, we borrow many cooking techniques and nutrition recommendations from vegan and raw food experts and we enjoy an abundance of vegan and raw food meals in our own diets, but we cannot make the commitment to being 100 percent vegan because if you dig deep into the nutrition research, you realize that people who eat primarily vegan “whole foods” diets but also include a bit of fish, eggs, and lean meats are every bit as healthy—if not more so—than those who follow a pure vegan diet. Additionally, we absolutely cannot find any scientific support for eliminating omega-3-rich fish from your diet either. Instead, what the medical research shows is that while it is true vegetarians have fewer heart attacks, less incidence of cancer, less obesity, lower body weights, less high blood pressure, and longer life spans in general, individuals who are not super strict at avoiding animal foods enjoy equally impressive health benefits across the board as long as the bulk of their calories come from whole plant foods with an abundance of fruits and vegetables. The important take-home message here is that you do not need to strive for dietary “perfection” in order to enjoy optimal health. One might even argue that a fixation on an ultra-pure and too perfect diet might not be healthy for your mind.

In short, Clean Cuisine bridges the gap between what we should eat, what tastes good, what is best for our bodies, and what is actually *doable* in the real world. Clean Cuisine encourages a sustainable way of eating that is in sync with the needs of our bodies *and* the environment. Here's a little acronym that simplifies our Clean Cuisine philosophy:



For a complete understanding of our Clean Cuisine nutrition program, please refer to our book, *Clean Cuisine: An 8-Week Anti-Inflammatory Nutrition Program That Will Change the Way You Age, Look & Feel* (Penguin, 2013) or take our online *8-Week Clean Cuisine Challenge* on our website at www.CleanCuisine.com.

Part 1

Healthy in a Hurry

It Has to Be Easy

We've found that one of the most important factors determining whether or not people stick to our Clean Cuisine nutrition program boils down to one thing: convenience. It seems everyone these days has too many tasks and not enough time. Our daily lives often run on overdrive, and all too frequently food quality is one of the sacrifices made. When we recently conducted a poll with thousands of readers from our CleanCuisine.com website, we were astonished to find that approximately 75 percent of the people said they enjoyed cooking at home but the number one reason they didn't do so more frequently was because of the time commitment. Even though every single person who responded to our poll claimed that eating clean was a top priority, it was crystal clear that the vast majority of them did not have time for complex cooking marathons. And we totally "get" it.

This cookbook was created with the idea of making incredibly delicious food with minimal effort. Over the years, Ivy has developed somewhat of a "system" that allows our family to eat flavor-forward Clean Cuisine meals with far less fuss, fewer components, and fewer steps. The recipes in this book reflect the "lifestyle" factor we outline in *Clean Cuisine*, so this is the perfect cookbook companion. If you don't have *Clean Cuisine*, no worries, you can still get cooking . . .

The most important factor in creating the best-tasting Clean Cuisine recipes, or any recipe for that matter, is to use the absolute freshest and highest-quality ingredients you can find.

How to Use This Book to Eat Healthy in a Hurry Every Day

We've divided the recipes in this book into six different sections, because these are the six different recipe categories Ivy relies on most frequently when it comes to preparing our family's Clean Cuisine meals in real life. Here is a guideline for how you can work these six different

categories into your lifestyle and eat healthy in a hurry . . . every day.

SuperGreen Smoothies

Enjoying a SuperGreen smoothie containing dark leafy green vegetables and fruit every day is a very important part of the Clean Cuisine lifestyle. We feel the number one biggest diet mistake people make is not eating nearly enough fruits and vegetables. Ideally you should be consuming about nine to twelve servings of fruits and vegetables every single day. Yes, it sounds like a lot—because it *is* a lot!—but once you make certain habits, such as drinking a SuperGreen smoothie, part of your daily routine, you’ll find you easily reach your fruit and vegetable quota. Making a SuperGreen smoothie is incredibly easy, takes less than five minutes to prepare, and is far less messy than juicing. And by the way, we are *not* fans of juicing. Juices are not “whole foods”; juice is a fractured food missing the fiber found in the whole fruit or vegetable and delivers a high concentration of sugar in the form of fructose, which is particularly undesirable for anyone struggling to lose weight or anyone with type 2 diabetes. The SuperGreen smoothies section offers seven different smoothie options—a different one for each day of the week! We suggest you have your SuperGreen smoothie as a midmorning or midafternoon snack. Note: If you are new to drinking green smoothies, you might need them to be a bit sweeter than the ones we offer in this book. The easiest and healthiest way to add sweetness without altering the overall flavor of the smoothie recipe is to add a few pitted dates and process everything together in a high-speed blender.

No-Milk Shakes

With the exception of a teeny amount of pastured organic cream in coffee and modest amounts of high-quality gourmet cheese used as a condiment, dairy is not part of the Clean Cuisine nutrition program. And just to set the record straight, we allow for the cream in your coffee and cheesy condiments for no reason other than we just can’t come up with a good-tasting substitute for either one (although the nut cheeses by Dr. Cow [www.dr-cow.com] are pretty darn amazing). However, when it comes to the cow’s milk and cow’s cream that are typically called for in baked good recipes, soups, shakes, etc., we find nut creams and nut milks to be super-clean and delicious alternatives. In our recipes for No-Milk Shakes, we use a variety of different nuts as the milk base and then we add in fruit to help you meet that nine to twelve servings of fruit and

veggies quota. The No-Milk Shakes make the perfect breakfast on the go. And like the SuperGreen smoothies, our No-Milk Shakes take no more than five minutes to prepare and they pack a meganutritional punch into one easy-to-consume, tasty package. If you like a heartier breakfast, grab a piece of sprouted whole grain toast on your way out the door.

Very Veggie Soups

Our soup recipe collection was also developed with the intention of helping you meet that fruit and veggie quota we keep bringing up. In our own experience, we have found that having a prepared vegetable-based soup that is ready to go in your fridge at all times is one of the easiest ways to ensure you will eat more veggies. The great thing about vegetable soups is that they are not at all time-consuming to prepare and they last for three to four days if stored in a covered container in your fridge. The trick to eating lots of vegetables is to make sure they are ready-made *and* tasty. A nice bowl of veggie soup always goes well with lunch, and if you work away from home, you can simply pack your soup in a thermos. You can even eat veggie soup for a snack or breakfast. (Who says you have to eat “breakfast food” just because it is morning?) If you want to turn your vegetable soup into more of a meal, try some of these simple soup stir-in ideas:

- Frozen organic corn kernels, thawed
- Frozen organic petite peas, thawed
- Cooked quinoa
- Cooked brown rice (we like short grain brown rice in our soup)
- Cooked black rice
- Cooked barley
- Cooked millet
- Garbanzo beans
- Cannellini beans
- Cooked whole wheat elbow macaroni (Note: You can cook the macaroni right in with the soup if you add a bit more broth and lemon juice.)

Sauces That Make the Meal

Want to know the secret weapon of some of the world’s best chefs? A killer sauce. A sauce can turbocharge the simplest of “whole food” ingredients into a culinary masterpiece bursting with flavor. A superb

sauce is what adds depth and complexity to the entire dinner plate. Think about what Bolognese sauce, Alfredo sauce, or pesto does to spaghetti. It's the sauce that makes the meal! And yet as important as a sauce is to bringing to life the most basic of ingredients, it is also one of the least understood facets of cooking. Once you acquire a repertoire of sauces, you will be blown away by how effortlessly and quickly you can pull together the tastiest of meals. But of course, the sauce has to be healthy or you might as well just order takeout. Making a sauce that is both tasty and healthy is a challenge, but it can absolutely be done. And it doesn't require a single pat of butter, not a drop of cream, zero mayo, and very little to no oil. In this book we have provided a collection of seven superb sauces you can use to dress your veggies, grilled fish, baked potatoes, seared tofu, whole grain pastas, whole grains, beans, and much more. We'll show you how making a sauce need not be tedious and need not be unhealthy. And best of all, most sauce recipes make a large quantity, so you should have plenty of leftovers for several days. If you aren't already a sauce maker, our "Sauces That Make the Meal" collection will soon become one of your most valuable recipe collections.

Dips and Spreads

Not just party food, dips and spreads play just as important of a role in creating flavor-forward Clean Cuisine meals as a superb sauce. Their contribution to the enjoyment of your food cannot be overstated. Think about making a roasted veggie sandwich on some toasted sprouted whole grain bread—it sounds good, but in the end it's the dip or the spread that will pull the whole thing together and make or break the success of your sandwich. What about an afternoon snack of raw vegetable crudités? If you don't have something yummy to dip your veggies into, you might not even bother. Or baked black bean chips? Who eats chips without a dip? The same goes for the raw sprouted flax crackers we buy at our local health food store; we seriously doubt we would eat them as enthusiastically as we do if it weren't for the Artichoke & Kale Dip (you'll see the recipe when you get to the "Dips and Spreads" section). The point is there are many instances where you might find yourself eating more healthful whole foods if only you had a tasty dip or spread. Our dips and spreads take just minutes to make, but they truly do work culinary magic on what might otherwise be ho-hum "health food." And of course, most dips and spreads can be made in advance and keep quite well, too.

Almost Guilt-Free Desserts

If you are a bona fide sweets lover like Ivy, then you know that no “clean eating” regimen in the world is going to work long-term for you if it doesn’t allow for a little something sweet. And there is absolutely no reason you should give up sweet treats either, especially since it is entirely possible to make an amazing assortment of decadent dessert recipes that contain very little—if any—added sweeteners. How is that possible? You can thank Mother Nature for fruits, especially dates! It is astonishing how well dates sweeten so many recipes without negatively altering the flavor one bit (you will need a high-speed blender to pulverize the dates, though.) We don’t believe in artificial sweeteners, and we don’t try to trick your taste buds with stuff like stevia either. Also missing from our recipes is dairy, processed oils, and refined flour. But one thing we promise: Our desserts taste like the real deal and provide just as much satisfaction.

The only thing you’ll miss is the guilt! And if you are like Ivy, and haven’t missed a day of dessert in years, then having a collection of decadent desserts is essential for sticking to the whole Clean Cuisine lifestyle regimen, which is why we consider the dessert collection in this book to be essential.

The Clean Cuisine Kitchen

The star ingredients in Clean Cuisine are “whole” and unrefined plant foods in the form of fruits, vegetables, whole grains, beans, nuts, and seeds. We buy our whole grains, lentils, nuts, and seeds in bulk, which really helps to keep the cost down. We also keep a wide variety of flours on hand, including white whole wheat flour (which has all the nutritional properties of regular whole wheat, but tastes and bakes more like regular white flour), amaranth flour, barley flour, stone-ground corn flour, oat flour, buckwheat flour, almond flour, and coconut flour. For beans, we mostly purchase canned beans (BPA-free Eden Organics or Fig Food Co. are our two favorite brands) because they are such a time saver; simply rinse with water, drain, and they are ready to eat. However, we also buy dried beans in bulk, too. For fruits and vegetables, we have nothing against frozen and we keep a wide variety of frozen fruits and vegetables on hand at all times. Of course, we always stock up on plenty of fresh fruits and vegetables, too! In fact, if you were to see Ivy’s weekly grocery cart, without a doubt the fresh fruits and vegetables are what take up the most space. And yes, buying fresh fruits and vegetables can be very

expensive. But we have found green markets to be our best bet for getting the best value on the freshest produce. At one time we had joined a co-op and the price and quality of produce was unbeatable, but because of the recipe development Ivy does for the website and our books, it didn't totally suit our needs. Now that we have just recently moved into a house with a big backyard, Ivy is seriously considering starting a garden. (She just needs to figure out how in the world to get more than twenty-four hours in a day!)

We are frequently asked about our stance on organic foods, and the short answer is that no, we do not buy everything organic. The reasons boil down to cost and availability. For produce in particular, buying 100 percent organic can really add up from a cost standpoint. And because fruits and vegetables are not exactly calorie-rich foods, you need to eat a lot of them to fuel your body. If we were to buy only organic fruits and vegetables, our grocery bills would be enormously high. Plus, our choices would be highly limited because organic just isn't always an option for every single fruit and vegetable, and we feel variety is very important. In light of all this, we believe the sanest and most economical thing to do is to be aware of the produce list put out by the Environmental Working Group (EWG) that lists the Clean Fifteen and the Dirty Dozen. The EWG updates these two lists of fruits and vegetables yearly (ewg.org/foodnews/). Here are the 2013 lists:

Clean Fifteen [™]

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Sweet Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangos
- Mushrooms
- Onions
- Papayas
- Pineapples
- Sweet peas – frozen
- Sweet potatoes

Dirty Dozen Plus [™]

- Apples
- Celery
- Cherry tomatoes

- Cucumbers
- Grapes
- Hot peppers
- Nectarines – imported
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell Peppers
- Kale / collard greens + *
- Summer Squash + *

* EWG.com has expanded the Dirty Dozen™ with a Plus category to highlight two crops – domestically-grown summer squash and leafy greens, specifically kale and collards. These crops did not meet the original Dirty Dozen™ criteria but were frequently found to be contaminated with pesticides exceptionally toxic to the nervous system.

* * *

In our house, we do our very best to avoid conventional produce on the Dirty Dozen list. We save our pennies to buy exclusively organic strawberries, apples, peaches, and others that land on the Dirty Dozen list year after year. And then we don't fret so much about buying nonorganic foods that are on the Clean Fifteen list because we figure the health benefits of the fruits and vegetables on that list will *far outweigh* the negatives. Note: In addition to being aware of and trying to avoid the Dirty Dozen, you should also wash all produce under running water before eating. One study even found spraying produce with a mixture of water and vinegar was an effective way to wash contaminants away.

When it comes to buying land animal foods, such as eggs, chicken, and meat, we raise the bar pretty high and we only purchase the absolute highest quality. Why? Because the higher up on the food chain you go, the more toxins accumulate. A nonorganic bean burger will always be a cleaner protein source than a 100 percent organic, grass-fed beef burger. But because animal foods make up only a relatively small percentage of our diet, the cost of buying the best is not as expensive as you might think. Also, when it comes to buying the cleanest animal foods, organic is not always the way to go. Although it is true that eating organic animals in comparison to conventionally raised animals will lessen your exposure to pesticide residues, synthetic hormones, antibiotics, and toxins in general, when it comes to buying the cleanest and highest-quality animal

foods, it's really essential to think about going *beyond* organic and consider the diet of the animal. This is because the animal's diet reflects the health of the animal, which ultimately affects the health of the person who eats it. It's important to understand that modern conventional farming is designed to grow and fatten animals at an unnaturally rapid rate; the animals eat a calorie-rich, grain-based diet rather than the nutrient-rich, grass-based diet they would naturally consume in the wild. Cows are ruminants, meaning their digestive systems are designed for eating grasses. Inappropriately feeding animals a deviant diet of dry grain is a direct contributor to those animals developing pathogens such as *E. coli* (in cattle) and salmonella (in poultry). Did you know that mad cow disease is unknown among cattle fed entirely on pasture and hay? When cows eat the foods that nature intended for them to eat, they are healthier. You simply can't separate the health of the animal you eat from your own health.

In addition, when factory-farmed cows eat grains, they aren't as healthy as they would otherwise be, and unhealthy cows get sick (and need antibiotics). So even if ranchers feed cows organic grain, that doesn't mean grain per se is optimal for cow health. Ultimately, grain-fed beef is not desirable for you either. The same logic applies to sugar; if push comes to shove, we suppose it's better to eat organic sugar over conventional sugar, but eating organic-stamped sugar cubes will never be what the doctor ordered for optimal health. Grain-fed animals and the milk from grain-fed animals are less nutritious than grass-fed, pastured animals. For example, compared with grass-fed meat, grain-fed meat has only one quarter as much vitamin E and one eighth as much beta-carotene. And because the composition of the fats present in eggs, chicken, meat, and dairy directly reflects the foods the animals consume, animals raised on conventional, commercial grain feeds (even *organic grain feed*) have less than desirable fat profiles. So when it comes to buying eggs, chicken, and meat, we look for these foods to be labeled as "pastured" first and "organic" second. And by the way, pastured tastes better, too.

We are every bit as picky about the quality of our fish as we are the other animal foods we buy, and we want to make sure the fish we eat have eaten a healthy and natural fish diet and have swum in clean water. For the most part, this means avoiding farmed seafood and sticking to wild. Not only is farmed seafood inferior to wild fish in taste, but in many cases the nutritional value of the fish is also compromised. This is especially true for salmon, which is a very popular fish choice for so many people. And yet nature did not intend salmon to be crammed into pens and fed soy, poultry litter, and hydrolyzed chicken feathers. As a result of a deviant diet, farmed salmon is lower in vitamin D, lower in anti-inflammatory omega-3 fats, higher in pro-inflammatory omega-6 fats

(specifically, farmed salmon is particularly rich in pro-inflammatory arachidonic acid), higher in saturated fat, and higher in overall contaminants (such as PCBs, carcinogens, and pesticides like dioxin and DDT). We also find it highly disturbing that farmed salmon would be gray in color if it weren't for pink chemical dye! We feel it is absolutely worth the extra price to pay for wild salmon. If you want a budget-friendly option, go for sockeye (red) salmon that is often sold in cans; sockeye salmon is the variety that cannot be farmed. Sockeye salmon is not only inexpensive but delicious in casseroles and makes a fabulous salmon burger.

Another unsettling fishy fact is that only 5 percent of the farmed seafood eaten in the United States comes from domestic fish farms, and only 2 percent of the imported fish consumed in the United States is inspected in this country. Not only does importing seafood leave a big carbon footprint, but overseas fish farming is not exactly clean. Most of the seafood we import is sourced from locations where health, safety, and environmental standards for raising and catching fish are weak or nonexistent. Many fish farmers pack their ponds too tightly, leading to disease and pollution from fish waste. And just like cattle are given antibiotics and other drugs, fish in farms are given the same things. Then there's the concern about what the fish are eating. Just like with cows, if fish don't eat the foods they would naturally consume in the wild, then the fish are not going to be healthy; this suboptimal health of the fish will directly impact the health of the fish eater, you. Many fish farms are no doubt a muddled mess of murky water.

When we visited the Monterey Bay Aquarium on our 2011 California family road trip, we learned that their Seafood Watch program mostly discourages consumers from choosing farmed fish, both for health reasons and because of concerns over the environmental impact of fish farming. However, we haven't totally ruled out eating farmed fish because when it is done properly, it can be safe. We buy our farmed fish from Whole Foods Market and from a local fish market because we know they set the bar high for quality standards. If you buy farmed fish, you want to buy it from a reputable place. Ask the fishmonger what the fish eats and where it swims.

What About the Mercury in Seafood?

We've addressed this issue in our previous books but will briefly touch on it here. While it is true people who eat fish have higher levels of mercury than people who do not eat fish, multiple studies performed on *real people* (not animals) in real life have proven beyond a doubt that fish eaters live longer and suffer fewer heart attacks than people who do not eat fish. Furthermore, the largest scientific study performed to date

has specifically shown there to be no harmful relationship between either prenatal or postnatal mercury exposure and developmental outcomes in either five-year-olds or nine-year-olds. In these studies, childbearing women ate an average of ten servings of fish *weekly*, far more than what we recommend per week and far more than most people would ever choose to eat. For the record, we suggest you have about two or three modest size servings (3 to 4 ounces or so) of wild seafood a week in order to obtain optimal amounts of omega-3 fats in the form of EPA and DHA.

We are also very particular about the type and amount of oil we use. Although Clean Cuisine is not a “low-fat” diet, it is a “reduced-oil diet” because we encourage you to get the majority of your dietary fat from “whole food” sources as much as possible rather than from eating a lot of oil; olives, for example, offer a much more complete nutritional package in comparison to olive oil. From an anti-inflammatory standpoint, it is essential to make sure you balance your omega-3 and omega-6 fats and to make sure you use the right oils at the right temperatures, something we go into great detail explaining in Chapter 5 of *Clean Cuisine*. For the purpose of this book, just know that the best oils for cooking are extra-virgin olive oil (moderate heat), extra-virgin coconut oil (high heat), and macadamia nut oil (medium-high heat). For recipes that do not require heat, such as salad dressings, we like to use omega-3 rich flax oil, walnut oil, and hemp oil.

In addition, our Clean Cuisine kitchen has a wide variety of fresh and dried herbs and spices, which we use every bit as much for their anti-inflammatory and antioxidant health benefits as we do for their substantial contribution to flavor. Although a bland diet was once a staple of clinical diet prescriptions, these days in-the-know nutritionists and even doctors recognize the healing and health-promoting benefits that come from herbs and spices. Chock-full of phytonutrients, herbs and spices are nature’s apothecary. These culinary superstars offer tremendous health, anti-aging, and anti-inflammatory benefits with no negatives, only flavor-enhancing benefits. Exploring a wide variety of traditional global cuisines reveals richly flavored meals that offer intrinsic health-promoting properties enhanced by the creative use of herbs and spices. In fact, many of the most flavor-forward meals in the world are among the most healthful, thanks in large part to herbs and spices. You’ll notice we incorporate a variety of herbs and spices into the recipes in this cookbook, and we encourage you to keep a wide variety of dried herbs and spices in your own kitchen. We purchase fresh herbs weekly when Ivy does our grocery shopping.

And finally, our Clean Cuisine kitchen would not be complete without certain select superfoods. Although we consider pretty much every single

fruit and vegetable to be a superfood, there are other plant foods you might not be all that familiar with, but because they pack such an incredibly powerful nutritional punch and because they are so loaded with vitamins, minerals, antioxidants, and phytonutrients, they are worth going out of your way to find and eat. These superfoods include acai berries, cacao nibs (and cacao powder), chia seeds, flaxseeds, goji berries, hemp seeds, mulberries, and pomegranate (check out our favorite brand for high quality organic superfoods, NavitasNaturals.com). We use these superfoods in some of the recipes in this book, but we also encourage you to experiment on your own with these ingredients and to use them as nutritional booster “add-ins,” particularly to your SuperGreen smoothies or No-Milk Shakes. Superfoods are also great to stir into cooked whole grains as part of a breakfast, and they can be incorporated into many different baked recipes and desserts, too. Although as little as just a few years ago ingredients such as cacao nibs and goji berries might have seemed very exotic, they are becoming increasingly more mainstream and thus easier and easier to find. And as far as the concept of making your food count nutritionally goes, superfoods can’t be beat!

For a complete Clean Cuisine “Kitchen Shape Up” and shopping list, please visit our website at cleancuisineandmore.com and sign up for our free 8-Week Challenge.

Just as it is important to have certain healthy staple foods on hand, it is equally essential to purchase basic kitchen appliances and tools if you are going to be committed to living the Clean Cuisine lifestyle. In addition to having the necessary tools on hand, we also think you should try to create an inviting and inspiring place to cook, which includes keeping clutter to a minimum. Maurice Sailland, better known by his pen name *Curnonsky*, France’s most celebrated gastronome and food writer of the twentieth century, once said, “In cooking, as in all art forms, simplicity is the sign of perfection.” Of course no one is perfect, and we know we certainly are not! But over the years we have strived to simplify our kitchen, our cooking, and our lives.

When it comes to the kitchen, we do not believe you need to outfit it with an excessive amount of flashy appliances. In fact, we actually think having too many appliances can slow you down in the kitchen—not to mention trim your wallet! And just as we believe you should choose quality over quantity when selecting food, we are equally firm believers in purchasing quality over quantity when it comes to kitchen appliances, too. In the long run, this approach will save you a lot of money . . . and space!

It goes without saying that every well-equipped kitchen should include a high-quality, very sharp knife set as well as ecofriendly and nontoxic pots and pans (In our opinion, Xtrema by Ceramcor [ceramcor.com/clean] is hands down the best and greenest cookware on the planet.) A good set of kitchen shears also comes in handy for cutting the ribs off chard and other greens, cutting shiitake and oyster mushrooms, etc. We also like heavy-gauge metal cookie sheets because they conduct heat evenly and last forever. A slow cooker is also nice to have around, but certainly not a kitchen essential. A rice cooker can be an enormous time saver, though, because you can cook all types of whole grains (quinoa, millet, barley, amaranth, etc.) to perfection. We even use our rice cooker to cook lentils. Then there is the one kitchen appliance that will change your life . . . Use coupon code 2ccx10 on Ceramcor.com/clean for ten percent savings.

The Vitamix

Believe it or not, the Vitamix (vitamix.com) totally changed the way Ivy cooked and the way our family eats. Owning a Vitamix is what enabled us to take our whole foods diet to a new level by incorporating far more plant foods into our recipes with ease (the ease part cannot be over emphasized!). Not only do we use our Vitamix every single day, but we use it multiple times a day to make nut milks and nut creams, date-sweetened desserts, No-Milk Shakes, SuperGreen smoothies, dairy-free soups, dips, spreads, and so much more. Thanks to the Vitamix, we no longer use milk, cream, or yogurt, and we have been able to dramatically reduce our consumption of oil in place of more nutritious “whole” food sources of healthful fat such as nuts, seeds, and avocados. We had heard about the wonders of the Vitamix turbocharged blender for years, but to be frank, we couldn’t imagine that it could truly be better than the food processor we already had. We finally broke down and purchased our Vitamix in 2009, and even though we have used it every single day for the past five years, it still works just as well as it did on the first day we bought it. Turns out our Vitamix is far better than our food processor because it is so much easier to use and so much more powerful. It cannot be compared to a blender either because a Vitamix is so much more than a blender. We now know from firsthand experience why Vitamix is trusted by more professional chefs worldwide than any other blender on the market. Every single recipe in this book is made using a Vitamix, and it is the only high-speed blender we can personally stand behind and say truly does live up to its claims. The commercial quality, unrivaled engineering,

ease of use, incredible performance, and self-cleaning feature are just a few of the things that put the Vitamix in a class of its own. There is just no way to create so many of our Clean Cuisine recipes without a Vitamix. We recognize the cost of a Vitamix is a barrier for many people, but did you know you can get a certified reconditioned Vitamix starting at just \$279? The certified reconditioned series delivers superior performance, is backed by a 5-year full warranty plus 30-day guarantee and is perfect for making Clean Cuisine recipes. Use the coupon code 06-006758 on Vitamix.com for free shipping!

Part 2

Clean Cuisine's Speedy Recipes

SuperGreen Smoothies

Daily Lime & Dill Detox

Serves: 2

Here, dill adds a sweet, fresh flavor while also contributing an abundance of antioxidants to this creamy SuperGreen smoothie.



- 1/2 pear
- 1 cup chopped and seeded cucumber
- 1/4 cup chopped fresh dill
- 1 small avocado
- 1 cup baby spinach
- 2 tablespoons lime juice
- 1-inch knob fresh gingerroot, peeled
- 1 cup frozen pineapple
- 1 1/4 cups water
- 3 to 4 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Peachy Kale Dream

Serves: 2

This creamy dreamy treat is so tasty it can even be eaten as “ice cream”; simply transfer the smoothie into 4 small ramekins and freeze for about 10 minutes.



- 1/2 avocado
- 1 cup frozen organic frozen peaches
- 1 frozen banana, cut into pieces
- 2 tablespoons fresh lemon juice
- 1 1/4 cups water
- handful of kale
- 3 to 4 ice cubes
- Optional: 2 to 3 pitted dates

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and dates (if using) and process again. Drink chilled.

Watermelon Cooler

Serves: 2

The ultimate hydrator, this refreshing Watermelon Cooler is perfect for refueling after a workout or for taking to the beach on a hot and humid day. (The lycopene in the watermelon will actually help protect your skin from sunburn!)



- 2 cups cubed seedless watermelon
- 1 whole cucumber, peeled, seeded, and coarsely chopped
- 1 large handful chopped kale
- 3 tablespoons fresh lime juice
- $\frac{1}{4}$ cup chopped fresh mint
- $\frac{1}{4}$ cup chopped fresh basil
- 1 cup ice cubes

Place the watermelon and cucumber in a Vitamix, and process until smooth and creamy. Add the remaining ingredients and process again. Drink ice cold.

Cinnamon Apple SuperGreen Smoothie

Serves: 1

You know what they say; “An apple a day keeps the doctor away!” You’ll have no problem meeting your daily apple quote with this delicious apple smoothie.



- 1 frozen banana, cut into bite-sized pieces
- 1 organic Granny Smith apple, cored and chopped (keep the skin on)
- 1 tablespoon fresh lemon juice
- 1 large handful baby spinach
- 1 cup cold water
- 2 to 3 pitted dates
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- 4 to 5 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Chocolaty Chia SuperGreen Smoothie

Serves: 2

Here's the healthiest way to satisfy a chocolate craving any time of day!



- 1 cup water
- 1¹/₂ cups frozen organic strawberries
- 1 tablespoon chia seeds
- 2 tablespoons raw cacao nibs (such as Navitas Naturals brand)
- 1 tablespoon raw cacao powder (such as Navitas Naturals brand)
- 6 raw macadamia nuts
- 3 pitted dates
- 1 frozen banana, cut into bite-sized chunks
- 1 large handful chopped kale
- 4 to 5 ice cubes

Put the water and strawberries in a Vitamix, and process until smooth and creamy. Add the chia seeds, cacao nibs, cacao powder, and macadamia nuts; process for 1 full minute. Add the dates, frozen banana, and kale, and process again until well blended. Add the ice and process again. Serve ice cold.

Green Tea, Ginger, & Pear SuperGreen Smoothie

Serves: 2

Now you can get your green tea and greens all in one!



- 1 Anjou pear, chopped (keep the skin on)
- $\frac{1}{4}$ cup white raisins or dried mulberries (such as Navitas Naturals brand)
- 1 teaspoon freshly minced gingerroot
- 1 large handful chopped romaine lettuce
- 1 tablespoon hemp seeds
- 1 cup unsweetened brewed green tea, cooled
- 7 to 9 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Greeno-Colada

Serves: 1

Clean Cuisine's version of a piña colada!



- 1 cup frozen chopped pineapple
- 3 tablespoons raw, unsweetened, shredded coconut
- 1 tablespoon fresh lime juice
- 1 handful baby spinach leaves
- 3 pitted dates
- 1 cup water
- 4 to 5 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink ice cold.

No-Milk Shakes

Mint Chocolate Chip No-Milk Shake

Serves: 2

Who doesn't love the classic combination of mint and chocolate? Now you can indulge 100 percent guilt-free!



1 frozen banana, cut into bite-sized pieces

$\frac{1}{2}$ cup frozen peaches

$\frac{1}{2}$ cup raw macadamia nuts (ideally soaked in water for 2 to 3 hours and then rinsed and drained)

1/3 cup chopped fresh mint leaves
3 tablespoons raw cacao nibs (such as Navitas Naturals brand)
2 to 3 pitted dates
1/2 teaspoon pure vanilla extract
1 1/2 cups water
3 or 4 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Sunny C Delight No-Milk Shake

Serves: 1

Gushing with vitamin C, this energizing No-Milk Shake is the perfect alternative to your morning OJ.



- 1 orange, peeled and chopped
- 1 kiwi, peeled and chopped
- 5 pitted dates
- 1/2 cup frozen pineapple
- 2 tablespoons hemp seeds
- 1/2 cup water
- 3 to 4 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Strawberries & Cream No-Milk Shake

Serves: 1

The blended oats and macadamias make for an incredibly rich “cream” base in this classic favorite.



- 1/4 cup old-fashioned oats
- 3 tablespoons chopped raw macadamia nuts (preferably soaked for 1 to 2 hours)
- 1 cup frozen organic strawberries
- 4 pitted dates
- 1/4 teaspoon pure vanilla extract
- 1 cup ice-cold water
- 3 to 4 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Lovin' Lime No-Milk Shake

Serves: 2

This tart and tangy treat is especially delicious on a hot summer day. For this particular recipe, please do not substitute fresh limes for the Nellie & Joe's Famous Key West Lime Juice (keylimejuice.com)—it is Nellie's that makes this No-Milk Shake so delicious.



1 frozen banana, cut into bite-sized pieces
1/4 cup mashed avocado
2 tablespoons Nellie & Joe's Famous Key West Lime Juice
5 to 6 pitted dates

1/4 cup raw cashews
1/8 teaspoon pure vanilla extract
1/8 teaspoon unrefined sea salt
1 cup water
8 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Ginger & Wild Blueberry Pie No-Milk Shake

Serves: 2

Although regular cultivated frozen blueberries (these are the ones you normally see in the supermarket) will work absolutely fine in this No-Milk Shake recipe, wild blueberries will give you a mega-antioxidant boost. Did you know wild blueberries have double the antioxidant capacity compared to regular cultivated blueberries? Wild blueberries also pack a more flavorful punch! Learn more about wild blueberries at www.wildblueberries.com.



- 1 cup frozen wild blueberries (or regular cultivated frozen blueberries)
- $\frac{1}{4}$ cup raw cashews
- 1 banana, cut into bite-sized pieces
- 1 tablespoon fresh lemon juice
- $\frac{1}{2}$ teaspoon pure vanilla extract
- 1 tablespoon freshly grated gingerroot
- 5 to 6 pitted dates
- 1 cup cold water
- 5 to 6 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink chilled.

Cappuccino No-Milk Shake

Serves: 1

This coffeehouse-style ice-cold smoothie hits the spot when you need a little zip, pep, and go!



1 banana, cut into bite-sized pieces

1/2 cup water

2 tablespoons hemp seeds

8 almonds

1 teaspoon instant espresso powder

1/2 teaspoon cinnamon

1 teaspoon pure vanilla extract

4 prunes

1 1/2 cups ice

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink ice cold.

Superfood Cherry Vanilla No-Milk Shake

Serves: 2

Get your day off to a delicious start with this classic sweet-tart shake. By incorporating the dried goji berries, you get a superfood boost!

(Note: Dried goji berries can be purchased at a natural foods store or online at www.NavitasNaturals.com.)



1 cup frozen pitted cherries
1/4 cup raw macadamia nuts
1/2 banana, cut into chunks
1/4 cup dried goji berries (or white raisins)

1 teaspoon pure vanilla extract

1 cup water

6 to 8 ice cubes

Place all the ingredients except the ice in a Vitamix, and process until smooth and creamy. Add the ice and process again. Drink ice cold.

Very Veggie Soups

Chilled Orange-Beet Soup

Serves: 4

The combination of oranges and beets have become popular in salads, so why not in soup? This dairy-free and vegan ruby red Chilled Orange-Beet Soup sensation can be made with about 10 minutes of hands-on time. It is especially delicious served with slices of fresh cucumber and hardboiled pastured organic eggs (such as Vital Farms).



3 medium-sized beet bulbs, ends cut
1/4 cup fresh lemon juice (plus 1 teaspoon fresh lemon zest for garnish)
1 cup water
1/2 cup pine nuts

2 cloves garlic

1 whole *peeled* orange, cut into segments (plus 1 teaspoon orange zest for garnish)

unrefined sea salt, to taste

1. Preheat the oven to 400°F.
2. Wrap each beet bulb in aluminum foil. Place the foiled beet bulbs in a cast-iron skillet or on a heavy cookie sheet. Roast the beets for 40 minutes, or until fork-tender. Remove the beets from the oven, carefully unwrap the foil, and let cool. When the beets are cool enough to handle, coarsely chop.
3. To a Vitamix, add one half of the chopped beets, lemon juice, and water. Process until very smooth. Add the remaining beets and process again. Add the pine nuts, garlic, and orange segments, and process until very smooth. Season with salt to taste.
4. Transfer the soup to a large bowl, cover, and chill for 2 to 3 hours. Garnish with lemon zest and orange zest, and serve cold.

Peach & Basil Gazpacho

Serves: 6

Where we live in South Florida, it is summertime practically all year long, and often we find ourselves yearning for a light and refreshing chilled soup. This twist on gazpacho satisfies our summer soup craving. It is a no-cook recipe with an amazing flavor, yielding the perfect balance of sweet and savory.



- 1 cup raw walnuts
- 1 large cucumber, peeled and chopped
- 2 cups organic peaches, peeled and chopped
- $\frac{1}{4}$ cup chopped shallots
- 1 yellow bell pepper, chopped
- 2 tablespoons fresh lemon juice
- 1 cup fresh basil
- 1 cup water
- unrefined sea salt, to taste

Place all the ingredients in a Vitamix, and process until smooth and creamy. Transfer to a covered container and refrigerate before serving. Serve chilled.

Probiotic-Rich Vegetable Broth Alternative

You will notice several of our soup recipes call for miso paste, which might seem like an odd ingredient for a soup that is not intended to have a Japanese flavor profile. However, if you use a very mild miso, such as the fresh and unpasteurized mellow white miso from Miso Master (www.Great-Eastern-Sun.com), we promise it will not give your soup a Japanese flavor in the least, and it makes a superb alternative to store-bought vegetable broths. Miso is a naturally fermented food loaded with probiotics that help support digestion, which is the main reason Ivy prefers miso to vegetable broth for soup recipes. We both also think miso is more flavorful. However, if you are following a gluten-free diet, you will want to carefully read the ingredients list of any miso paste you purchase as many are made with barley or wheat. The brand Ivy prefers, Miso Master's Mellow White Miso, is gluten-free and the ingredients include organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, and koji spores. Look for miso paste in the refrigerated section of your natural foods store or in an Asian market. If you can't find miso or don't want to use it, you can always substitute organic vegetable broth, such as Pacific Natural Foods.

Minted Sweet Pea Soup

Serves: 4

Kids who refuse to eat their peas will eat them if they are served like this! This delicately flavored soup is especially good during the warmer spring and summer months.



- 1 tablespoon extra-virgin olive oil
- 1 medium-sized Spanish onion, finely chopped
- 1 small leek, greens and white parts, finely chopped
- 2 cloves garlic, finely chopped
- unrefined sea salt, to taste
- 2 cups frozen petite peas, thawed
- $\frac{1}{4}$ cup organic mellow white miso paste (such as Miso Master brand)
dissolved in $2\frac{1}{2}$ cups hot water (or 3 cups organic vegetable broth),
divided
- 1 can (14.5 ounces) coconut milk
- 3 tablespoons fresh lemon juice
- 1 teaspoon dried thyme
- $\frac{1}{2}$ cup chopped fresh mint

1. Heat the olive oil in a large saucepan over medium heat. Add the onion, leek, and garlic; sauté for 7 to 8 minutes, or until the vegetables are soft. Season with salt to taste.
2. Add the green peas and 1 cup of the miso broth (or vegetable broth) to the saucepan with the onions and leeks. Simmer for 10 minutes. Remove the vegetables from the heat and set aside to cool.
3. Add the cooled vegetables, coconut milk, lemon juice, and thyme to a Vitamix, and process until smooth and creamy.
4. Pour all but $\frac{1}{2}$ cup of the vegetable cream mixture back into the saucepan. Add the remaining miso broth (or vegetable broth) and simmer for 5 minutes.
5. Add the fresh mint to the Vitamix with the $\frac{1}{2}$ cup of reserved vegetable cream mixture, and process until smooth and creamy. Pour the minted vegetable cream mixture into the saucepan, stir, and serve warm.

Mexican Corn Chowder with Roasted Poblano Peppers

Serves: 4

Thick, rich, and creamy, this comforting taco-flavored corn chowder is the recipe to serve anyone who says they don't like vegetables! It's delicious hot or cold and a great soup for all seasons.



- 2 poblano peppers
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 cup chopped onion
- 1 cup chopped celery
- 4 cloves minced garlic
- unrefined sea salt, to taste
- 1 cup shredded carrots
- 1 orange bell pepper, chopped
- 2 cups frozen organic corn kernels
- 2 tablespoons lime juice
- 3 tablespoons all-natural taco seasoning (such as Simply Organic's Southwest Taco Seasoning)
- 3 tablespoons organic mellow white miso paste (such as Miso Master brand) dissolved in 1¹/₂ cups hot water (or 1¹/₂ cups organic vegetable broth), divided

1. Preheat the oven to 400°F. Rub 1 teaspoon of the oil onto all sides of

the poblano peppers. Place the peppers on a baking sheet and roast for 20 minutes. Remove the peppers from the oven and set aside to cool.

2. Meanwhile, heat the remaining oil in a saucepan over medium heat. Add the onion, celery, and garlic; sauté 3 to 4 minutes, or until the onion and celery soften. Season with salt to taste. Add the shredded carrots and sauté an additional 2 to 3 minutes. Add the bell peppers and sauté 2 to 3 minutes. Add the frozen corn kernels, lime juice, and taco seasoning, and sauté 3 to 4 minutes, or until the corn is soft. Remove the saucepan from the heat and set aside.

3. Carefully pinch the skins off the peppers. Chop the peppers and remove the stems and spicy seeds (if you want a bit of spicy kick to your chowder, you can reserve a few of the seeds). Transfer the peppers to a Vitamix.

4. To the Vitamix, add all the vegetables and miso; process until desired consistency. (Note: You can either leave it somewhat chunky or process into a smoother soup if desired.) Pour the pureed soup back into the saucepan and heat for a minute or two if serving warm.

Creamy Carrot & Ginger Soup with Lime

Serves: 6

This creamy soup is delicious served chilled or warm. If you eliminate the cayenne pepper, you can serve it to the kids, too!



- 10 medium-sized carrots, coarsely chopped
- 1 tablespoon organic extra-virgin coconut oil (such as Barlean's)
- 1/2 cup chopped onion
- 1 tablespoon minced fresh gingerroot
- 1/2 avocado
- 1/4 cup lime juice
- 6 pitted dates
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon unrefined sea salt, plus more to taste
- 4 1/2 cups water

1. Place the carrots in a steamer basket over boiling water, cover, and steam for 10 to 12 minutes, or until soft. Set the carrots aside to cool for 5 minutes.
2. Heat the oil in a heavy skillet over medium heat; add the onion and gingerroot, and sauté until soft, 4 to 5 minutes. Let the onion mixture cool

for a few minutes.

3. Add the cooled carrots and onion mixture to a Vitamix along with the avocado, lime juice, dates, cayenne pepper, salt, and water. Process until smooth and creamy. Serve chilled or warm.

Chickpea Soup with Leeks & Zucchini

Serves: 6



This comforting soup has a mellow flavor with a rich and creamy base. If you want more flavor, try adding 2 teaspoons of fresh thyme when sautéing the leeks, zucchini, and apple.

- 3 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained
- 4 cloves garlic
- 2 tablespoons hemp seeds
- $\frac{1}{2}$ cup chopped dried apple
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil (or macadamia nut oil)
- 1 large shallot, finely chopped
- 2 medium leeks, finely chopped
- 2 medium zucchini, finely chopped
- 1 Granny Smith apple, finely chopped
- 2 teaspoons fresh thyme (optional)
- unrefined sea salt and freshly ground black pepper, to taste

1. Place the water, chickpeas, garlic, hemp seeds, dried apple, and lemon juice in a Vitamix and process until smooth and creamy. Set the chickpea cream aside.

2. Heat the oil in a heavy saucepan over medium heat; add the shallots, and sauté 3 to 4 minutes, until the shallots are soft. Add the leeks, zucchini, and apple and sauté 6 to 7 minutes, until the vegetables and apples are very tender. Season with salt and pepper to taste. Remove the saucepan from the heat.
3. Transfer half of the leek, zucchini, and apple mixture to the Vitamix with the chickpea cream, and pulse several times. (Note: Do not aggressively puree the mixture as you want to leave it slightly textured.)
4. Pour the chickpea cream mixture into the saucepan with the remaining sautéed leeks, zucchini, and apple. Season with salt and pepper to taste. Put the saucepan back on the heat and simmer for 10 minutes. Serve warm.

Asparagus & Artichoke Bisque

Serves: 6

This is an “uptown” and elegant bisque perfect for entertaining but easy enough to make for casual weeknight dinners.



- 1 package (9 ounces) frozen artichokes
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- unrefined sea salt, to taste
- $\frac{3}{4}$ cup chopped onion
- 1 cup chopped celery
- $\frac{1}{3}$ cup plus 2 tablespoons organic mellow white miso paste (such as Miso Master Organic Mellow White Miso) dissolved in 4 cups water
or organic vegetable broth
- 6 petite red potatoes with skins on, chopped
- 18 medium-sized trimmed asparagus spears, chopped (about 2 cups
chopped asparagus)
- handful of chopped parsley
- 3 tablespoons hemp seeds
- 2 cloves garlic
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh tarragon (or 2 teaspoons dried)

1. Preheat the oven to 400°F. Place the frozen artichokes on a baking sheet and toss with 1 teaspoon oil. Season lightly with salt to taste. Roast the artichokes for 25 minutes. Remove from the oven and set aside to cool.
2. Meanwhile, heat the remaining oil over medium heat in a medium-sized skillet; add the onion and sauté 2 to 3 minutes. Season with salt to taste. Add the celery and sauté 4 to 5 minutes, until the onion and celery are both very tender. Set aside.
3. If using miso, bring the miso and water to a boil in a large saucepan (otherwise, bring the vegetable broth to a boil). Add the potatoes to the boiling water, and cook until almost done, about 10 minutes. Add the asparagus, and cook another 4 minutes. Add the roasted artichokes and reserved onion and celery. Remove the saucepan from the heat and set aside to cool.
4. Transfer 1 cup of the cooled broth (with no potato or vegetable chunks) to a Vitamix along with the parsley, hemp seeds, garlic, lemon juice, and tarragon; process on high until smooth and creamy. Transfer the parsley-hemp mixture to a separate saucepan.
5. Working in batches, puree the remaining potato-asparagus mixture in a Vitamix, transferring the puree to the saucepan with the parsley-hemp mixture. Once all the ingredients are pureed, heat over low heat for 5 minutes. Serve warm.

Sauces That Make the Meal

Superfood Breakfast Fruit Sauce

Serves: 2

If you follow the anti-inflammatory nutrition program outlined in *Clean Cuisine*, you know we encourage everyone to have a big serving of fruit as part of breakfast. Typically we pair fruit with whole grains or incorporate fruit into our nut-based “No-Milk Shakes.” But sometimes we just have a sauce, such as this one, poured on top of our fresh fruit. It’s a great way to start the day! (Note: Dried goji berries can be found at natural food stores or online at www.NavitasNaturals.com.)



- 2 tablespoons fresh lime juice
- 1/4 cup dried goji berries
- 2 tablespoons hemp seeds
- 2 pitted dates
- 2 tablespoons chopped raw walnuts
- 2 tablespoons Food for Life brand Ezekiel 4:9 Sprouted Whole Grain Cereal (original or cinnamon raisin)
- pinch of unrefined sea salt
- 1/2 cup water

Place all the ingredients in a Vitamix, and process until smooth and creamy. Pour over fresh fruit.

Chipotle Cream Sauce

This very flavorful smoky sauce has many uses—because of its texture and weight, it is amazing as a spread for veggie and tofu burgers and makes the perfect dipping sauce for our Mexican Fiesta Pinto Bean Burgers (page 364 in *Clean Cuisine*). (Note: Canned chipotles in adobo sauce can be found in the Mexican/Latin section of your supermarket.)



2 teaspoons extra-virgin olive oil

$\frac{1}{2}$ cup chopped onion

1 tablespoon minced garlic

unrefined sea salt, to taste

2 tablespoons lime juice

$1\frac{1}{2}$ chipotle peppers (seeds removed) plus 1 teaspoon adobo sauce

$\frac{1}{2}$ cup raw macadamia nuts (ideally soaked in water for 2 to 3 hours and then rinsed and drained)

$\frac{1}{2}$ cup water

1. Heat the oil in a small skillet over medium-heat; add the onion and garlic, and sauté for 4 to 5 minutes, or until the onion is soft. Season with salt and add the lime juice; continue cooking until the juice evaporates. Set the onion mixture aside to cool for 5 minutes.
2. To a Vitamix, add the cooled onion mixture, chipotle peppers with

adobo sauce, macadamia nuts, and water. Process until smooth and creamy.

Note: This sauce will keep for three days if stored in a covered container in your refrigerator.

Caper-Basil Aioli

Classic aioli is delicious but it is made with raw egg yolks, which always makes us a wee bit nervous. The modernized versions are made with mayonnaise but they aren't nearly as tasty. However, this Clean Cuisine version made with a pine nut "cream" can truly compete head-on with the classic egg yolk varieties. It has umpteen different uses, too—as a spread on a sprouted whole grain sandwich, as a sauce for baked tofu, as a dip for crudités, etc.



- 2 tablespoons lemon juice
- 1/3 cup plus 2 tablespoons pine nuts
- 1 teaspoon minced garlic
- 1 tablespoon chopped fresh basil (or tarragon)
- 1 tablespoon capers, drained
- 1 teaspoon extra-virgin olive oil

Place all the ingredients in a Vitamix, and process until smooth and creamy.

No-Oil Avocado Pesto

If you read *Clean Cuisine*, you know we do not advocate a “low-fat” diet, but we do recommend a low-oil diet. Instead of getting your dietary fat from oil, we encourage you to get your fat from “whole food” sources such as nuts, seeds, and avocados. The “whole” food is always going to be more nutritious and provide more health benefits than the oil. For this pesto, you’ll get all the rich and creamy goodness you’d get from the real deal, but with zero added oil. Use it just like you would conventional pesto (it is amazing on spaghetti squash or on top of whole grain penne and peas).



flesh from 1 whole avocado

1/4 cup fresh lemon juice

2 cloves garlic

1/2 cup chopped fresh basil

3 tablespoons pine nuts

unrefined sea salt, to taste

1/4 cup water

Place all the ingredients in a Vitamix, and process until smooth and creamy.

Lemony Sage “Cream” Sauce

This creamy, dreamy, no-dairy cream sauce is divine served over whole wheat or quinoa pasta. It's also just the thing for dressing up your baked potatoes, grilled asparagus, steamed broccoli, or any number of vegetables.



- 1 tablespoon organic, extra-virgin coconut oil (such as Barlean's)
- 1 heaping tablespoon chopped fresh sage
- 4 cloves garlic, very thinly sliced
- 1 cup chopped onion
- unrefined sea salt, to taste
- $\frac{1}{2}$ cup macadamia nuts
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{2}$ cup water

1. Heat the oil in a medium-sized skillet over medium heat. Add the sage and sauté for 30 seconds. Add the garlic and onion and sauté for 6 to 7 minutes, or until the onion is very soft. Season with salt to taste.
2. Transfer the onion-sage mixture to a Vitamix. Add the macadamia nuts, lemon juice, and water; process for 1 full minute, or until smooth and creamy. Serve at room temperature or slightly warmed.

Pad Thai Sauce

We absolutely love this sauce mixed with brown rice Pad Thai noodles (look for Annie Chun's brand) and lots of veggies. Best of all, it takes less than 5 minutes to make!



- 5 tablespoons raw tahini
- 2 tablespoons raw almond butter
- 1/3 cup fresh lime juice
- 2 tablespoons namu shoyu (unpasteurized soy sauce)
- 6 pitted dates
- 1 tablespoon fish sauce (such as Thai Kitchen brand), optional
- 1/4 inch knob fresh gingerroot, more or less to taste
- 1/4 cup water (use more if you want a thinner sauce)
- crushed red pepper flakes, to taste

Place all the ingredients in a Vitamix, and process until smooth and creamy. Serve over brown rice pad Thai noodles with lots of vegetables.

Kashmiri Curry Sauce

Ivy first had—and first fell in love with—“Kashmiri”-style curry dishes while studying abroad in London in her college days. It is a slightly sweet curry with a tangy spice and bright red color. And it is absolutely amazing with simmered tofu and poured over brown rice and lots of roasted onions, red peppers, and carrots. Don’t be intimidated by the list of ingredients. This is incredibly easy to prepare!



- 2 teaspoons crushed red pepper
- 1/4 cup raw almonds
- 2 teaspoons dried coriander
- 1 teaspoon cumin
- 3 garlic cloves
- 1 tablespoon chopped fresh gingerroot
- 4 pitted dates
- 1/2 cup water
- 1 tablespoon organic extra-virgin coconut oil (such as Barlean’s)
- 1/2 teaspoon turmeric
- 1 large onion, finely chopped
- unrefined sea salt, to taste
- 1 can (14.5 ounces) diced tomatoes, drained
- 2 teaspoons garam masala

2 teaspoons coriander

1. Place the crushed red pepper, almonds, coriander, cumin, garlic, gingerroot, dates, and water in a Vitamix, and process until smooth and creamy. Set the sauce aside.
2. Heat the oil in a medium-size saucepan over medium-high heat; add the turmeric and onions, and sauté about 7 to 8 minutes, or until the onions are soft. Season with salt to taste. Add the tomatoes, garam masala, and coriander, and simmer 4 to 5 minutes. Set the onion mixture aside to cool a bit.
3. Transfer the cooled onion mixture to the Vitamix along with the prepared sauce, and process everything together until smooth and creamy. Pour the curry into the saucepan used to sauté the onions and simmer over low heat for a few minutes. Serve warm.

Dips and Spreads

Spicy Carrot & Black Bean Hummus

Healthful hummus gets a very veggie boost from pureed carrots. The addition of jalapeño adds just the right kick of spicy something-something.



- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 1 jalapeño, seeds removed, finely chopped
- 1 cup chopped onion
- 1 cup shredded carrots
- 1 $\frac{1}{2}$ teaspoons cumin

unrefined sea salt, to taste

3 tablespoons lime juice

1 can (15 ounces) BPA-free canned beans, rinsed and drained

1. Heat the oil in a medium-sized heavy skillet; add the garlic, jalapeño, and onion, and sauté 3 to 4 minutes. Add the carrots and sauté until all vegetables are soft, about 4 more minutes. Add the cumin and season with salt to taste. Set the carrot mixture aside to cool.
2. Transfer the cooled carrot mixture to a Vitamix. Add the lime juice and beans. Process for 2 full minutes, or until smooth and creamy. (Note: Carrot & Black Bean Hummus will keep for three days if stored in a covered container in the refrigerator.)

Artichoke & Kale Dip

A party standby, everybody needs a recipe for artichoke dip! Why not add some kale, too, for good measure? P.S. This makes a great filling for sandwiches.



- 2 (14-ounce) boxes frozen artichokes
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 5 large handfuls kale
- 2 shallots, chopped
- 1 tablespoon minced garlic
- unrefined sea salt, to taste
- 2 tablespoons fresh lemon juice
- 1/4 cup water
- 1/4 cup pine nuts
- white pepper, to taste
- pinch of nutmeg
- 1 slice whole grain spelt bread

1. Preheat the oven to 400°F. Place the artichokes on a large cookie sheet and drizzle with 1 teaspoon oil and salt to taste. Roast for 40 minutes. Remove the artichokes from the oven and set aside to cool. Lower the oven temperature to 350°F.

2. Use a knife to finely chop the kale. Set aside.
3. Heat 1 tablespoon of oil in a large heavy skillet over medium heat; add the shallots and sauté until soft, about 5 minutes. Stir in the garlic, kale, and lemon juice, and cook until the kale is completely wilted, about 2 minutes. Set the shallot and kale mixture aside.
4. Add the water, pine nuts, white pepper, and nutmeg to a Vitamix; process until smooth and creamy. Add the roasted artichokes and process again. Spoon the artichoke mixture out of the Vitamix and transfer to the skillet with the shallots and kale. Stir to combine all the ingredients. Transfer the artichoke-kale mixture into a small casserole dish and set aside.
5. Clean the Vitamix container out and add the bread and remaining 1 teaspoon oil; process into very fine crumbs. Sprinkle the crumbs on top of the artichoke-kale mixture. Bake, uncovered, for 20 minutes. Serve warm.

Savory Sage & Pumpkin Seed Pâté

This stuff is amazing on whole grain crackers. It's also a great alternative to peanut butter as a spread for celery and makes a superflavorful substitute for mayo on sandwiches.



- 1 tablespoon unrefined macadamia nut oil or organic extra-virgin coconut oil (such as Barlean's)
- 2/3 cup finely chopped shallots
- 1 cup shredded carrots
- 1/4 cup chopped fresh sage
- unrefined sea salt, to taste
- 1/4 cup hemp seeds
- 2 tablespoons raw pumpkin seeds
- 2 tablespoons fresh lemon juice
- 3 cloves chopped garlic

1. Heat the oil in a heavy skillet over medium heat; add the shallots, carrots, and sage, and sauté until the vegetables are very soft, about 5 minutes. Season with salt to taste.
2. Transfer the shallot and carrot mixture to a Vitamix. Add the hemp seeds, pumpkin seeds, lemon juice, and garlic. Process until well blended but still somewhat textured. Find something to spread it on and enjoy!

Roasted Tomato & Jalapeño Salsa

A salsa that hits the spot for those who like it hot! It is just the thing your black bean chips have been dreaming of . . .



3 pints cherry tomatoes
1/2 large onion, chopped into large pieces
1 jalapeño
1 tablespoon plus 1 teaspoon extra-virgin olive oil
unrefined sea salt, to taste
3 cloves garlic
3/4 cup chopped fresh cilantro
6 tablespoons fresh lime juice
2 to 3 teaspoons cumin

1. Preheat the oven to 400°F.
2. Line a large-rimmed baking sheet with parchment paper. Arrange the tomatoes, onion, and whole jalapeño on the parchment paper. Drizzle the oil on top and use your hands to toss to coat. Season with salt to taste. Roast for about 40 minutes, or until the tomatoes are wilted and the onions are supersoft. Set aside to cool for 10 minutes.
3. Remove the seeds from the roasted jalapeño and discard. To a Vitamix, add the seeded jalapeño, roasted tomatoes, roasted onions, garlic, cilantro, lime juice, and cumin. Pulse several times, until all the

ingredients are well blended. Add more salt if necessary. Serve at room temperature.

South of the Border Chili-Walnut Spread/Dip



Mexican nights at our house would not be complete without this stuff. It's the perfect match for roasted corn, grilled zucchini, grilled wild salmon, tofu, and more. This chili-walnut condiment is also delicious spread on sprouted corn tortillas topped with mashed pinto beans for out-of-sight quesadillas. And baked corn tortillas always taste better when they take a dip, too!

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 1 small jalapeño, seeds removed, chopped
- unrefined sea salt, to taste
- 1/2 cup chopped raw walnuts
- 2 teaspoons chili powder
- 4 cloves garlic
- 1/4 cup lime juice
- 2 pitted dates
- 2/3 cup water

1. Heat the oil in a small skillet over medium heat; add the onion and jalapeño, and sauté until the onions are soft, about 5 to 6 minutes. Season with salt to taste.
2. Transfer the onion-jalapeño mixture to a Vitamix. Add the walnuts, chili powder, garlic, lime juice, dates, and water. Process until smooth and creamy.

Clean Cuisine's Savory "Cheese" Dip



At holiday get-togethers, game-day parties, or casual potlucks, you've just got to have a cheese dip on hand. And if you are trying to add more vegetables to your diet, then having a cheese dip around is also always a good idea. Never mind that this cheese dip recipe doesn't have a bit of cheese, dairy, or oil; it tastes like cheese and that's what counts. Still, if you are serving it to guests, I would just leave out the part about it not having any cheese (wink).

- 1 cup raw cashews
- 3 tablespoons hemp seeds
- 1 cup water
- 1 tablespoon raw tahini (sesame seed butter)
- 1 small can (3 ounces) pimientos, rinsed and drained
- 1¹/₂ tablespoons fresh lime juice
- 2 teaspoons raw apple cider vinegar
- ¹/₄ teaspoon turmeric
- 2 pinches cayenne pepper
- ¹/₂ teaspoon paprika
- ¹/₂ teaspoon salt
- ¹/₄ cup nutritional yeast
- 2 cloves garlic
- ¹/₄ cup cilantro

Place all the ingredients into the Vitamix container in the order listed.
Process for 2 full minutes, or until ingredients are well blended.

Homemade Nutella

I am crazy for the taste of Nutella, but if you buy a jar and read the ingredients, you'll see it is not exactly a "Clean Cuisine-friendly" product. However, this homemade version tastes better than store-bought and there is not one single bad-for-you ingredient! Try this spellbinding spread on fruits like apples and pears or enjoy one of Ivy's all-time favorites, a banana and Nutella sandwich on sprouted whole grain bread.



- 1/2 cup hazelnuts, roasted and peeled (see notes below)
- 2 tablespoons organic extra-virgin coconut oil (such as Barlean's)
- 6 pitted dates, soaked in water for 5 minutes and drained
- 1 tablespoon plus 1 teaspoon dark cocoa powder or raw cacao
- 3 tablespoons water
- 1/2 teaspoon pure vanilla extract
- pinch of unrefined sea salt

Place the roasted, peeled hazelnuts and coconut oil in a Vitamix, and process for about 3 minutes, until you get a nice nut butter. Add the remaining ingredients and process again for 2 to 3 minutes, or until ingredients are well blended. (Note: You may need to start and stop the motor a few times to make sure all the ingredients are blending well.)

How to Roast and Peel Hazelnuts

Spread the nuts in a single layer on a baking sheet and toast in a 375°F oven until the skins are mostly split and the nuts are light golden brown (the skins will look darker) and fragrant, about 10 minutes. Don't overtoast or the nuts will become bitter. Wrap the hot nuts in a clean dishtowel and let them sit for 5 to 10 minutes. Then vigorously rub the nuts against themselves in the towel to remove most of the skins. Try to get at least half of the skins off. This may take a lot of rubbing, so be persistent.

Almost Guilt-Free Desserts

Florida Key Lime Pie

Serves: 8

Our family is crazy for key lime pie, especially Andy! He loves it so much we actually had to serve it as a dessert along with cake on our wedding day. Unfortunately, traditional key lime pie is not exactly a “Clean Cuisine–friendly” treat, but now you can enjoy the delicious tangy flavor with this amazing no-sugar, no-dairy treat. But please, please, do not try and substitute the Nellie & Joe’s Famous Key West Lime Juice (www.keylimejuice.com). (Note: Arrowroot is a natural thickener and can be found at any natural foods store.)



Crust

- 2 cups raw pecans
- 4 pitted dates
- 2 tablespoons organic extra-virgin olive oil (such as Barlean’s)
- 1/4 teaspoon unrefined sea salt
- 1 teaspoon pure vanilla extract

6 tablespoons millet flour

Filling

1 can (13.5 ounces) organic coconut milk
1 banana
1 tablespoon arrowroot
3 organic, pastured eggs (such as Vital Farms)
1/8 teaspoon unrefined sea salt
1/2 cup Nellie & Joe's Famous Key West Lime Juice
13 pitted dates

1. Preheat the oven to 325°F.
2. For the crust, place all the ingredients in a Vitamix, and process until completely blended. Use clean fingertips to press the mixture evenly onto the bottom and up the sides of a 9-inch glass pie plate. Set the crust aside.
3. Place the rest of the ingredients in a Vitamix, and process until smooth and creamy. Pour the filling into the prepared crust and bake in the middle of the oven for 50 minutes. Cool the pie completely on a rack (the filling will set as it cools), then chill, covered, at least 8 hours. Serve cold.

Cherry Clafoutis

Serves: 6



Clafoutis is a rustic French custard-like, bread pudding-ish dessert made with fresh fruit, typically cherries. This cleaned-up version is considerably lighter than the real deal, but still very dessert-like. And perfectly fine for breakfast, too!

- 3 cups pitted and halved cherries
- 1/2 cup white whole wheat flour
- 1/4 cup ground flaxseeds (such as Barlean's Forti-Flax)
- 1/4 cup raw whole almonds
- 3 organic, pastured eggs (such as Vital Farms)
- 10 pitted dates
- 2 teaspoons pure almond extract
- 2 tablespoons real maple syrup
- 1/8 teaspoon unrefined sea salt
- 1 cup water

1. Preheat the oven to 350°F. Lightly oil a 9-inch gratin dish. Arrange the cherries on the bottom of the dish.
2. In a medium-sized bowl, whisk together the flour and flaxseeds. Set aside.

3. In a Vitamix, add the almonds, eggs, dates, almond extract, maple syrup, salt, and water. Process until smooth and creamy. Pour the almond-egg mixture into the bowl with the flour, and whisk until the ingredients are well blended. Pour the batter into the gratin dish on top of the cherries.

4. Bake 30 to 40 minutes, until the clafoutis is set and golden. Let cool slightly. Cut into wedges and serve.

Pecan Brownie Fudge Bites

Yield: 16 brownies

These are a cross between brownies and fudge. They have some pretty funky ingredients (including prunes, bananas, and beans!), but they really are to-die-for good. The only added sugar comes from the vegan chocolate chips, but if you want them a smidgen sweeter, you can add $\frac{1}{4}$ cup coconut palm sugar (which is an unrefined “whole” food sugar that still has vitamins and minerals) when you blend the prunes, bananas, eggs, beans, and vanilla together.



- 15 prunes
- 1 banana, cut into pieces
- 2 organic, pastured eggs (such as Vital Farms)
- $\frac{3}{4}$ cup cooked cannellini beans (if using canned beans, be sure to rinse with water and drain)
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ cup coconut palm sugar (optional)
- $\frac{1}{2}$ cup organic extra-virgin coconut oil (such as Barlean's), melted, plus extra for greasing the pan
- $\frac{1}{2}$ cup raw cacao powder (such as Navitas Naturals brand)

3/4 cup white whole wheat flour, divided
1 cup chopped pecans
1/3 cup vegan dark chocolate chips

1. Preheat the oven to 325°F. Grease the bottom and sides of an 8- by 8-inch glass baking dish with extra-virgin coconut oil.
2. Place the prunes in a microwave-safe dish, cover with water, and microwave on high for 2 minutes. Remove the prunes from the microwave and let sit in water 5 minutes. Drain the water and set the prunes aside.
3. To a Vitamix, add the prunes, banana, eggs, beans, pure vanilla extract, and coconut palm sugar (optional); process on high for 1 full minute, or until ingredients are well blended.
4. In a medium-sized bowl, mix together the 1/2 cup of melted coconut oil and cocoa powder. Stir in 1/2 cup of the flour. Add the prune-banana puree, and mix until all the ingredients are well blended. Stir in the pecans.
5. Add the remaining 1/4 cup of flour, and mix until the ingredients are well blended. Fold in the chocolate chips.
6. Transfer the batter to the prepared pan. Bake for 22 to 25 minutes, or until a toothpick inserted in the middle comes clean. Remove from the oven and set aside to cool before cutting. (Note: Pecan Brownie Fudge Bites taste best when slightly warm.)

Chia Oatmeal Cookies

Yield: 26 cookies

These taste a bit like shortbread cookies. You might want to consider making a double batch because they don't last long! (Note: Did you know the small bit of maple syrup used in this recipe is not an empty-calorie sugar? It contains antioxidants and phytonutrients found in the maple tree!)



- 1 cup old-fashioned oats
- 1 cup raw macadamia nuts
- 1/2 cup organic extra-virgin coconut oil (such as Barlean's)
- 8 pitted dates
- 1 tablespoon grated fresh gingerroot
- 1/4 cup *pure* maple syrup
- 2 tablespoons water
- 1 1/4 cups white whole wheat flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 tablespoons chia seeds

1. Preheat the oven to 350°F.
2. To a Vitamix, add the oats, nuts, extra virgin coconut oil, dates, gingerroot, syrup, and water, and process until smooth and creamy. (Note: You will need to start and stop the blender several times.) Set the wet ingredients aside.
3. In a large mixing bowl, combine the flour, baking powder, nutmeg, cinnamon, salt, and chia seeds. Add the wet ingredients in with the dry, and mix well.
4. For each cookie, roll 2 tablespoons of the batter into a ball, and place on a large baking sheet. Use the back of a spoon to flatten.
5. Bake 10 to 12 minutes. Remove the cookies from the oven and set on a wire rack to cool. (Note: The cookies will be rather soft at first but will harden when cooled.)

Pumpkin Chocolate Superfood Cookies

Yields 26 cookies

Our son, Blake, was the mastermind behind this recipe, which was developed at the last minute just before this book was published. We shared the photo and title on Facebook and noted that it had no added sugar and got so many “likes” and so much interest that we just had to include it here!



- 1½ cups white whole wheat flour
- ½ teaspoon unrefined sea salt
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ¾ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon cloves
- ¼ cup organic extra virgin coconut oil (such as Barlean's), melted
- 1 tablespoon freshly grated ginger
- 1 cup pumpkin puree
- 12 pitted dates
- ¼ cup plus 2 tablespoons water
- ½ cup white raisins
- ¼ cup raw cacao nibs (look for Navitas Naturals)

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper and set aside.
2. In a medium bowl, whisk together flour, salt, baking soda, baking powder and spices. Set aside.
3. In a Vitamix add the coconut oil, ginger, pumpkin, dates, and water. Process until smooth and creamy, about 2 minutes. Add the wet ingredients to the dry ingredients and stir to combine. Stir in the cacao nibs and raisins. (Note: mixture will seem sort of “doughy”.)
4. Use a tablespoon to scoop up the pumpkin mixture, transfer it to your hands and gently shape into a ball. Place the pumpkin balls on the baking sheet. Bake in the middle rack for 15 minutes or until firm. Let the cookies cool on the baking sheet for at least five minutes. Transfer to a wire cooling rack and cool completely.

Brown Rice Pudding

Yield: 4 servings



This is rice pudding heaven. And it is the tastiest way to use up leftover

brown rice. Even if we didn't know it was better for us, we would still prefer the more complex taste of brown rice pudding to the conventional white rice version! (Note: Be sure to get short grain brown rice for this particular recipe.)

1/2 cup yellow raisins
1/2 cup raw macadamia nuts
1 tablespoon hemp seeds
1 teaspoon pure vanilla extract
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
pinch of unrefined sea salt
1 1/4 cups water
2 cups *cooked* short grain brown rice

1. Place the raisins, macadamia nuts, hemp seeds, vanilla extract, cinnamon, nutmeg, salt, and water in a Vitamix, and process until smooth and creamy.
2. Put the cooked rice in a small saucepan, add the raisin-nut mixture, and heat over low heat. Cook on low heat for about 5 minutes, stirring frequently, or until warmed through. Serve warm.

Chocolate Fudge Popsicles

Yield: 6 popsicles



These remind Ivy of the chocolate pudding popsicles she used to eat at her grandma's as a kid. They aren't anything fancy, but they sure are good! (Note: If you have one of those trendy Zoku Quick Pop popsicle makers [www.Zoku.com], your popsicles will be done and ready to eat in 7 minutes.)

- $\frac{1}{4}$ cup plus 2 tablespoons raw cacao powder (such as Navitas brand)
- 1 cup coconut milk
- 1 cup water
- 2 bananas, cut into bite-sized pieces
- 14 pitted dates
- pinch of unrefined sea salt
- 1 teaspoon pure unrefined pure vanilla extract

1. Place all the ingredients in a Vitamix, and process until smooth and creamy. Pour the mixture into popsicle molds and freeze.

Clean Cuisine Resources

The products and brands listed here are some of our favorite staple pantry items. When appropriate, we have also included a link to the brand's website so you can do your own searches in your local area or to learn more details. By no means is this a complete list because new products appear on the market every day! Also, don't forget when possible to connect with local farms and vendors.

Culinary Oils

- Organic extra-virgin coconut oil: Barlean's Organic Oils (barleans.com)
- Macadamia nut oil: NOW Foods (nowfoods.com)
- Cold-pressed organic flax oil: Barlean's Organic Oils (barleans.com)
- Walnut oil: Roland (rolandfood.com) or Flora (florahealth.com)
- Hemp oil: Nutiva (nutiva.com)
- Truffle oil: Roland (rolandfood.elsstore.com)
- Cold-pressed extra-virgin olive oil:
 - Costco's Kirkland (costco.com)
 - McEvoy Ranch (mcevoyranch.com)
 - Trader Joe's California Estate (traderjoes.com)
 - Whole Food's 365 Everyday Value 100% California Unfiltered (wholefoodsmarket.com)
 - Lucini Premium (lucini.com)

Spices, Herbs, Condiments, Superfoods, Seeds, and Nuts

- Unrefined sea salt: Real Salt (realsalt.com)
- Spices: Simply Organic (simplyorganic.com)
- Dried herbs: Simply Organic (simplyorganic.com)
- Taco seasoning: Simply Organic (simplyorganic.com)
- Miso: Miso Master brand Sweet White Miso (great-eastern-sun.com)
- Red curry paste: Thai Kitchen (thaikitchen.com)
- Raw apple cider vinegar: Bragg (bragg.com)

- Soy sauce, unpasteurized: Ohsawa namu shoyu (goldminenaturalfoods.com), or gluten-free: San-J (san-j.com)
- Organic Worcestershire sauce: Annie's Naturals (annies.com) or 365 Organic (wholefoodsmarkets.com)
- Liquid smoke: Colgin (colgin.com)
- Organic chia seeds: Barlean's (barleans.com/clean)
- Organic hemp seeds: Nutiva (nutiva.com)
- Ground flaxseeds: Barlean's Forti Flax (barleans.com/clean)
- Organic dried fruits and bulk raw nuts: Diamond Organics (nuts.com)
- Nutritional yeast: KAL brand (vitaminshoppe.com)
- Raw cacao powder: Navitas Naturals (navitasnaturals.com)
- Raw cacao nibs: Navitas Naturals (navitasnaturals.com)
- Acai freeze-dried powder: Navitas Naturals (navitasnaturals.com)
- Dried goji berries: Navitas Naturals (navitasnaturals.com)
- Dried mulberries: Navitas Naturals (navitasnaturals.com)
- Raw honey
- Raw almond butter (no sugar, no salt, no oils): MaraNatha (maranathafoods.com)
- Real Vermont syrup or pure Canadian maple syrup
- Date sugar: Bob's Red Mill (bobsredmill.com)
- Coconut palm sugar: Navitas Naturals (navitasnaturals.com)
- Molasses

Beans, Broth, Sauces, Etc.

- BPA-free boxed tomatoes: Pomi (pomi.us.com)
- Prepared marinara:
 - Rao's (raos.com)
 - Amy's (amys.com)
- Organic BPA-free beans (any type of beans)
 - Eden Organic (edenfoods.com)
 - Fig Food (figfood.com)
- Organic vegetable broth:
 - Pacific Naturals (pacificnaturals.com)
 - Imagine (imaginefoods.com)

Breakfast Cereals

- Uncle Sam Cereal with flaxseeds (attunefoods.com)
- Post Shredded Wheat'n Bran (postfoods.com)
- Ezekiel 4:9 sprouted whole grain cereal (almond, cinnamon)

- raisin, golden flax, or original) (foodforlife.com)
- Old-fashioned rolled oats
- Steel-cut oats
- Readymade frozen steel-cut oatmeal (goodgoodmadesimple.com)
- Organic Qia Superfood Cereal (naturespath.com)

Breads, Tortillas, Flours, and Baking

- Flour: King Arthur Flour (kingarthurfLOUR.com) or Bob's Red Mill (bobsredmill.com)
 - Millet flour
 - Almond flour
 - Barley flour
 - White whole wheat flour
 - Coconut flour
 - Garbanzo bean flour
 - Stone-ground cornmeal
- Dark chocolate chips, dairy free: SunSpire organic chocolate chips (sunspire.com)
- Sprouted corn tortillas: Food for Life (foodforlife.com)
- Sprouted whole grain bread, wraps, and English muffins:
 - Food for Life (foodforlife.com)
 - Manna bread: Manna Organic Bakery (mannaorganicbakery.com)

Pastas and Whole Grains

- 100% buckwheat soba noodles
- Sprouted whole grain pasta: Food for Life (foodforlife.com)
- Whole grain quinoa pasta: Ancient Harvest (quinoa.net) or Eden Foods (edenfoods.com)
- Gluten-free pasta: Tru Roots (truroots.com)
- Black rice: Lotus Foods (lotusfoods.com)
- Brown Rice Pad Thai: Annie Chun (anniechun.com)
- Short grain brown rice (look for sprouted brown rice such as Tru Roots)
- Millet
- Quinoa (look for sprouted quinoa such as Tru Roots)
- Buckwheat
- Barley
- Freekeh
- Bulgur wheat

- Farro

Meats, Seafood, Tofu & Dairy-Free Nut Cheese

- Anchovy paste: Crown Prince (crownprince.com)
- Organic sprouted tofu: Nasoya (nasoya.com) or Trader Joe's (traderjoes.com)
- Tempeh: Lightlife (lightlife.com)
- Ground beef, grass-fed and organic: US Wellness Meats (grasslandbeef.com)
- BPA-free sustainable line-caught wild tuna: Wild Planet (wildplanetfoods.com) or Vital Choice (vitalchoice.com)
- Smoked wild salmon: Vital Choice (vitalchoice.com)
- Organic pastured eggs: Vital Farms (vitalfarms.com)
- Grass-fed lamb and poultry: US Wellness Meats (grasslandbeef.com)
- Nut cheese: Dr-Cow (dr-cow.com)

Drinks

- Sparkling water: San Pellegrino (sanpellegrino.com) or Perrier (perrier.com)
- Green tea: Kirkland Signature Green Tea (costco.com) or Ito En teas (itoen.com)
- Unsweetened plain hemp milk: Tempt (livingharvest.com)
- Unsweetened plain almond milk: Silk (silkpurealmond.com) or Pacific (pacificfoods.com)
- Matcha Japanese Green Tea powder: Teavana (teavana.com)
- Coconut water: O.N.E. Coconut Water (onedrinks.com)
- Kombucha Probiotic Beverage: GT's Organic Raw Kombucha (synergydrinks.com)

Fruits, Desserts, and Snacks on the Go

- Frozen organic berries: Cascadian Farm (cascadianfarm.com)
- Raw, gluten-free, vegan cookies: Chunkie Dunkies (chunkiedunkies.com)
- Organic chocolate bars: Beyond Organic with flaxseeds (gobeyondfoods.com)
- Coconut ice cream: Coconut Bliss (coconutbliss.com)
- Snack bars: Good Greens (goodgreens.com) or Lärabar (larabar.com)

Nutritional Enhancements and Supplements

- Clean Cuisine Essentials (cleancuisineandmore.com/supplements)
- Clean Cuisine Probiotic Blend (cleancuisineandmore.com/supplements)

In the Kitchen

- High-speed blender: Vitamix, (vitamix.com). Use code 06-006758 for free shipping.
- Nontoxic ceramic cookware: Xtrema (ceramcor.com/clean). Use code ccx10 for 10 percent off.
- Nontoxic food storage containers: FridgeX Silicon (ceramcor.com/clean). Use code ccx10 for 10 percent off.

Nutrition Book

- CleanCuisine: (us.penguingroup.com/nf/Book/BookDisplay/0,,9780425252857,00.html)

Fitness

- Full Fitness Fusion DVD (FullFitnessFusion.com)

Non-toxic Home Cleaning Supplies

- Shaklee “Healthy Home” cleaning supplies: (FlourishingHealth.MyShaklee.com)

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Keep in touch with Ivy and Andy to get the latest on additional healthy products, Clean Cuisine recipes, workouts, and more by signing up for their weekly e-newsletter at CleanCuisine.com.



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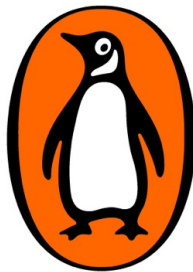
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